



Central Oregon AA's

# CONSCIOUS CONTACT

AA HOTLINE – (541) 548-0440

## SEPTEMBER HAPPENINGS Area Updates . . .

**DISTRICT 5 GSR MEETINGS** are held on the second Sunday of each month at 4:00 pm at the First United Methodist Church (Community Room on Kansas) 680 NW Bond, Bend. All are welcome.

PI/CPC is recruiting new members to help distribute literature; re-contacted members involved in local media; continuing to develop contacts at public and private radio stations; connecting with Deschutes County prevention staff for local schools to receive schedules and literature; Ads in the Source weekly and Bend Bulletin with the AA Hotline phone number.

Judy W., Editor of the Conscious Contact, is soliciting articles for the CC. You can write about anything regarding alcoholism.

*NOTE:* Judy is hoping for an article on both Step 10 and Tradition 10 for the October newsletter. Please send articles to [jwoodfill@quiltwombat.com](mailto:jwoodfill@quiltwombat.com).

If you or someone you know is having a birthday in the month following this issue, please let Judy W. know at least a week before the end of the current month.

**Good News:** The AA meetings that met at TEC (Trinity Episcopal Church) at 469 NW Wall Street in Bend will return to that location in November.

## INTERGROUP OFFICERS

### CHAIRPERSON

Vickie M (541) 410-3481

[chairperson@coigaa.org](mailto:chairperson@coigaa.org)

### VICE CHAIRPERSON

Reed K (541) 771-8097

[vicechair@coigaa.org](mailto:vicechair@coigaa.org)

### SECRETARY

Cody M (541) 420-0774

[secretary@coifaa.org](mailto:secretary@coifaa.org)

### TREASURER

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[treasurer@coigaa.org](mailto:treasurer@coigaa.org)

### NEWSLETTER

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[jwoodfill@quiltwombat.com](mailto:jwoodfill@quiltwombat.com)

### SCHEDULES

Pete M (541) 280-2491

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### HOTLINE

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### POTLUCK

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[potluck@coigaa.org](mailto:potluck@coigaa.org)

### WEBSITE

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### ENTERTAINMENT

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[entertainment@coigaa.org](mailto:entertainment@coigaa.org)

### AL-ANON LIAISON

Patty P (541) 788-7463

[al-anon\\_liason@coigaa.org](mailto:al-anon_liason@coigaa.org)

### DISTRICT COMMITTEE MEMBER

Vera F (541) 408-7470

### ADVISORY BOARD COMMITTEE

Bill O (541) 771-5152

Pattie O (541) 771-5452

Mike S (541) 815-7458

Peggy R (541) 480-4019

## OUR INTERGROUP OFFICE

M-F 9:00 am -1:00 pm  
337 Antler St., Suite B  
Redmond OR 97756  
(541) 923-8199 [www.coigaa.org](http://www.coigaa.org)

## OREGON AREA TREASURY

1900 NE 3<sup>RD</sup> Street  
Suite 106-172  
Bend OR 97701

## DISTRICT 5

P. O. Box 7241  
Bend OR 97708

## GENERAL SERVICE BOARD

Grand Central Station  
P.O. Box 459  
New York NY 10164-0371

## AA HOTLINE



### Coverage needed, especially in La Pine

To qualify you must:

- Have a working telephone
- Have 6 months of sobriety
- Have an AA sponsor
- Be working the AA steps
- Be attending AA meetings regularly
- Participate in a brief training

If you are willing to give back what was so freely given to you, please call:

Hotline Chairman: Samantha R. (541) 604-5319

## SEPTEMBER BIRTHDAYS



Candie L.	9/01/99
Mike B.	9/02/85
Linda L.	9/04/12
Austin M.	9/09/13
Rick P.	9/19/12
Julia T.	9/28/13
Spencer S.	9/30/96

(Let us know when your birthday is, and you'll be in the newsletter. *Ed.*)

## MEETING CHANGES

**All COFH meetings:** Now meeting at 755 N.E. 3rd Street, Bend.

**Thursday 5:30 pm Chicks With Chips:** As of September 4, will be meeting at First Presbyterian Church, 230 NE 9<sup>th</sup> Street, Bend.

## ***District 5 Service Positions Available In September***

### **Cooperation with Treatment Facilities (CTF)**

The purpose is to coordinate the work of individual AA members and groups who carry the message to alcoholics in treatment facilities, and work to clarify what AA can and cannot do, within the Traditions, to help alcoholics in treatment.

- Generally as described in the AA service Manual
- Attend and report at monthly District meetings
- Helpful to refer to the GSO "yellow sheets" guidelines
- Contact treatment facilities in the Central Oregon Area monthly
- Receive and respond to requests from treatment facilities in the Central Oregon Area

## District Grapevine Chair

The purpose of the District Grapevine Chair is to act as advocate for the Grapevine/La Viña at the district and group level, alerting the groups to the use of the GV publications as recovery tools.

- Generally as described in the AA service Manual
- Attend and report at monthly District meetings
- Visit groups and talk about the Grapevine both at group level and meeting level as the group will allow
- Attend November Area Assembly
- Two year term rotating on even number years

If you or someone you know is interested, please contact  
Vera F. @ [dcm05@aa-oregon.org](mailto:dcm05@aa-oregon.org) or 541-408-7470

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## CENTRAL OREGON WOMEN'S WEEKEND 2014

<b>When:</b>	September 19-21, 2014
<b>Where:</b>	Suttle Lake Camp
<b>Registration:</b>	\$125

Women's meetings have registration forms available - scholarships available.

<http://www.cowomensweekend.com>

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## OREGON STATE YOUNG PEOPLE IN ALCOHOLICS ANONYMOUS

OSYPAA conference is being held in Bend, October 3-5 at the Shilo Inn. Registration fee is \$30. People can register at [osypaa2014.org](http://osypaa2014.org)

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## NOVENAS FOR BEATRICE – STEP 9

**The Ninth Step helped her show up for her mom as her mom had done for her.**

My mother was 83 years old when she died. It was a gift to be by her side during her last night on earth. That morning, we had prayed together.

To be rigorously honest though, I had never had a good relationship with my mother. Beatrice and I had never really bonded. I had been a truly rebellious teenager; I had my first beer at age 13. And at 17, I decided to run away from home in Idaho and go to Denver, where I roamed the streets, hoping to die homeless like my alcoholic dad had.

My mother had a different idea. She went looking for me, found me, and brought me back to Idaho. I saw a substance abuse counselor, but that didn't stop me from drinking. My mother had her hands

full. Often she would remind me: “Remember when you were lost in Denver? I’m so glad I found you, because I would have gone to the crazy house if I had lost you. So many mothers never find their children.”

I would smile.

For the next 30 years, I was an active drunk. Throughout all that time I was cordial with my mother, as polite as could be, but she knew I was a drunk. When she had knee surgery, I drove to her rehab center drinking, carrying a 12-pack in the truck. During my visits, I would take breaks to go outside to drink. Though my mother saw me drunk over and over again, she never said anything.

Today, as a result of working a thorough program, I have almost three years of sobriety. What is most important to me now is that I was able to make Ninth Step amends to my mother and that she saw me get sober. I remember, as clear as day, two years ago when I asked her, “is there anything I can do to make things right with you?” She replied, “Just visit me, and call me once in a while; that’s all I want”

I did just that. I visited her every weekend. I would stay with her sometimes when she was sick. I would take my Big Book with me for company while she slept. I watched BSU games on TV with her. We made tamales together. I called her every day. In March of this year, she decided to have a hip replacement. Unfortunately, she experienced severe complications during and after surgery. She took her last breath on Mother’s Day 2011.

It all seems like such a blur to me, but what I remember most clearly is how I was able to stay sober through it all and say good-bye to my mother, without the stench of beer of my breath! I was even given the honor of riding in the ambulance from the hospital back to the house with her. She opened her eyes and stared at me for a moment. I whispered in her ear, “We’re taking you home, Mama, we’re taking you home.” She closed her eyes again. I caressed her hair and held onto her shoulder the whole ride to her house. That was her last ambulance ride, and I am happy I was with her.

That Sunday night, her grandchildren, my sister and I, and my brother’s widow, all visited in the living room while Mother lay dying. We prayed with her. I recited her favorite Spanish prayers – the novenas – to her. I slept on and off by her side in a recliner through the night, giving her morphine every two hours, until morning came. As I got up to use the phone, my mother took her last breath. Her face looked so peaceful and pain-free. I immediately said one of her novenas for her. I said another and another novena, until the hospice people called to say they were on their way. Still by my mother’s side, my first action was to call my sponsor; then I called other friends in AA.

The program of AA is the only reason I made it through these past two months without a drink. I went to meetings, gave my sponsor updates (even calling late at night from the hospital), and most important, fellow AAs lent me their ears and their hearts. I was really scared to go to an AA meeting the day after my mother died because I am a really strong person and I didn’t want to cry in front of anybody. I had to go to a meeting though, so my sponsor said, “It’s OK to let people help you.” It happened that one of my AA friends was there, and she sat right next to me as I shared and just let myself cry.

My mother was happy that she found me on the streets of Denver when I was 17. Words cannot express how happy I am I found AA. I have learned it is OK to be lost, because in AA somebody is going to reach out their hand and help you find your true self, your authentic self, your sober self. I spent so many years being lost, selfish and self-centered, until I walked into these rooms. I want to



thank all the AA women who have helped me through this time, my sponsor and the Fellowship. My mother is in her eternal home; I have found my home in the AA rooms. In the Big Book, the Ninth Step says, "We are going to know a new freedom and a new happiness." It's true. I am free now. My mother and I are free together.

Brenda M.

*Boise, Idaho.*

Grapevine, September 2012

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## PAVING THE WAY – TRADITION 9

### Thank goodness for the phones and books and pamphlets

It's always fascinating to learn just how people came to Alcoholics Anonymous. In my case, I looked AA up in the phone book and called our local central office. Thank goodness, some service board or committee put it there! The person on the other end of the line took my number and had an AA member call me back for the one-on-one, language-of-the-heart introduction that began my incredible journey in sobriety.

At my very first AA meeting, I was warmly greeted and taken to the literature rack at the front of the meeting room. My greeter selected some of the pamphlets for me to take home. I could relate not only to the AA members but to the AA literature as well. Thank goodness, some service board or committee wrote, published, and distributed these pamphlets!

Although I only planned to attend one meeting a week, I went to more because I had a car and some other newcomers didn't. One would call and ask if I planned on going to a meeting that night and I'd say yes in spite of myself. So, I picked up a meeting list, which helped us find meetings – where and when. Thank goodness some service board or committee gathered the information, printed and circulated that list!

Many of my AA friends – and yours too, I'm sure – found the Fellowship in a variety of ways, and not a few are due to some kind of service board or committee whose efforts facilitate our Twelfth Step work. Correctional, Treatment, and Hospitals and Institutions committees arrange for institutional meetings and bridge the gap between a facility and an individual AA or a group.

In some instances, a doctor or member of the clergy recommended AA to their patient or parishioner; Cooperation with the Professional Community committees most probably paved the way. Some AA members were exposed to a radio or TV program, not necessarily produced by AA but by someone who has benefited from the work of a Public Information committee. All these dedicated endeavors of service boards or committees make our Twelfth Step work possible.

The preliminary work done by AA service boards and committees directly responsible to those they serve (you and me) is invaluable to the future of the Fellowship. I might not be here today if they hadn't put Alcoholics Anonymous in the phone book!

Lois C.

*Pittsburgh, Pa.*

Grapevine, Sept. 1998

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## AA APHORISMS

### **Take what you like, leave the rest.**

When I was a kid, taking what I liked and leaving the rest was frowned on. I was to eat my entire dinner – no eating the potatoes and leaving the liver. And no picking the M&Ms out of the trail mix.

Thank goodness it's not that way in AA, and thank goodness that the only requirement for AA membership is a desire to stop drinking. I am ego-driven, and I was especially so in early sobriety. If anyone had told me what I had to do, I would surely never have stuck to the program, even though I was desperate for help. Every step of the way, I was free to take suggestions or leave them. And I often did. I left the idea of God, the idea of calling people, the idea of 90 in 90, and so many other terrific suggestions, on the table, while I pursued this or that other AA idea, in a totally unbalanced and self-will based attempt to get sober. The things that I tried worked, not because I chose the right thing, but because they work for everyone. The fact is that I didn't see the benefits of the whole program until I actually did the whole program – even the stuff I didn't really want to do. Especially the stuff I didn't want to do.

My first sponsor was incredibly patient with me, I now realize. Even though on the exterior I said “yes” to what she suggested, inside I rebelled. And I would simply not do some of the things she suggested. She didn't really react. She just kept suggesting things, and letting me find my own path. I now see that she trusted my higher power to keep me sober.

As a sponsor myself, I am learning to trust the program and other people's higher powers on a new level. When my instinct tells me that I know what's best for them, I can remember my sponsees also get to take what they like and leave the rest. It's not my job to fix my sponsees, nor to judge whether they are broken! That's God's job, and I'm a lot happier when I keep that in mind.

These days, I'm applying the idea of taking what I like and leaving the rest in other areas of my program and my life. I think this practice is a good antidote for my tendency toward perfectionism. For example, with other parents in the PTA, I accept what I like, without having to find people who are exactly how I want them to be. I see other people doing this naturally, but I'm an alcoholic, and I expect perfection. I can build up a nice fat resentment about how others are conducting themselves at PTA meetings. Taking what I like about people and leaving the rest is another way of saying that I accept them as they are. Doing this not only makes it easier to have a broad circle of acquaintances, it lowers my anxiety level around these people, and it gives me permission to lower my expectations of perfection of myself, expectations that often leave me tongue-tied in front of people, for fear of screwing up. When I relax and allow myself to open up, I'm generally accepted. People may disagree with me, and I usually put my foot in my mouth a few times, but the overall result is good.

To me, the idea of “Take What You Like and Leave the Rest” is about acceptance. We come into the program in all different kinds of ways, with all different kinds of bottoms, and we are all different people. In AA, we find acceptance, not just of who we are and what we've done, but of what we make of the program. We are given huge gifts: the Steps, sponsors, meetings where we go and talk about our lives, about getting sober, about alcoholism, the Big Book and all the other books about the program. And acceptance runs both ways. We are accepted, and if we so choose, we accept the

program. If we don't accept everything about the program, we just take the parts we like. The beauty of the program is that the more we do, the greater our peace.

Claire A.  
San Francisco, Ca.  
The Point\*, July 2014

\*The Point is San Francisco Central Office's monthly publication

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# CRESCENT LAKE AA CAMPOUT

Simax Group Sites B & C

**Thursday, September 4-7, 2014**

Friday Night AA Meeting 7:30 pm

Saturday Night Potluck 6:00 pm; Speaker at 7:00 pm

Tickets:	Adults	\$20
	Children 13-17	\$5.00
	Children 12 & under	FREE

Directions:

From Highway 58, turn south at Crescent Lake junction on Forest Service Road 60. Travel 2.2 miles to the junction with Forest Service Road 6005. Continue a mile south, following signs.

*(Hot showers and flush toilets)*

Contact: Teryce O. (541) 390-5320, Kim A. (541) 420-9722, Kim T. (541) 480-1505



## BEGINNING OF THE TRAIL AA GROUP

FOURTH ANNUAL

*ELKAHOLIC*

### SPAGHETTI FEED

**Date: September 20, 2014**

**United Church of Christ Lower Level  
110 S. Church St., Condon, OR**

**Dinner: 6:00 p.m.**

**Spaghetti, Bread and Beverage will be  
provided**

**A-L: Please bring a side dish**

**M-Z: Please bring a dessert**

**Speaker Meeting: 7:00 p.m.**

**Speaker: Kristine M.  
from Hood River, OR**

**Raffle!**

HOME MADE QUILT AND MANY  
MORE RAFFLE ITEMS!!

**Raffle!!!**

**Contact Persons:**

**541.980.0652 - Earl A.**



**RAFFLE DONATIONS  
GLADLY ACCEPTED**



# SEPTEMBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	3	4 <i>Crescent Lake Campout</i>	5 CO Speaker Mtg 7pm Environmental Center, 16 NW Kansas, Bend  <i>Crescent Lake Campout</i>	6 Redmond Pot Luck and Speaker Mtg. 6-8:30 pm Redmond Community Church  <i>Crescent Lake Campout</i>
7 <i>Crescent Lake Campout</i>	8	9	10 LaPine Potluck Speaker 6 pm Park & Rec. 16405½ First St., LaPine	11	12	13
14 District 5 GSR Mtg 4 pm First United Methodist Church, 680 NW Bond (enter Kansas)	15	16	17	18	19 CO Speaker Mtg 7pm Environmental Center, 16 NW Kansas, Bend  <i>CO Women's Weekend</i>	20 Elkaholic Spaghetti Feed, Condon  <i>CO Women's Weekend</i>
21 Entertainment Meeting 4 pm St. Helen's Hall, Bend  <i>CO Women's Weekend</i>	22	23	24	25	26 Central Oregon Milestoner St. Helen's Hall 7 pm Speaker: Vera	27 Intergroup Potluck Speaker Meeting 6:45 Potluck 7:30 Speakers Church of Christ 544 NW Newport
28 IGR Advisory Board Mtg 4:30 IGR Mtg 5:30 pm St. Helen's Hall, 231 NW Idaho	29	30	1	2	3	4

# OCTOBER 2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3 CO Speaker Mtg 7pm Environmental Center, 16 NW Kansas, Bend	4 Redmond Pot Luck and Speaker Mtg. 6-8:30 pm Redmond Community Church
5	6	7 Tuesday Night AA Speaker Mtg. 7 pm Church of the Nazarene	8 LaPine Potluck Speaker 6 pm Park & Rec. 16405½ First St., LaPine	9	10	11
12 District 5 GSR Mtg 4 pm First United Methodist Church, 680 NW Bond (enter Kansas)	13	14	15	16	17 CO Speaker Mtg 7pm Environmental Center, 16 NW Kansas, Bend	18
19 Entertainment Meeting 4 pm St. Helen's Hall, Bend	20	21	22	23	24 Central Oregon Milestoner St. Helen's Hall 7 pm	25 Intergroup Potluck Speaker Meeting 6:45 Potluck 7:30 Speakers Church of Christ 544 NW Newport
26 IGR Advisory Board Mtg 4:30 IGR Mtg 5:30 pm St. Helen's Hall, 231 NW Idaho	27	28	29	30	31	1